

Seniors and falls

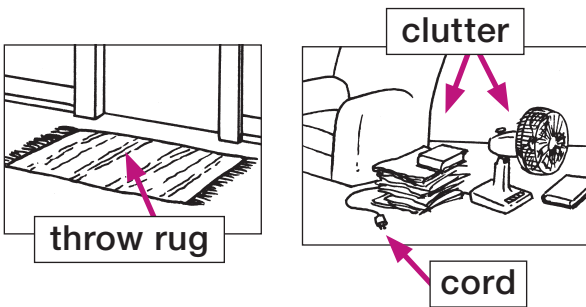
Every year, one in three seniors in Alberta has a fall. Some seniors are hurt badly. For example, they break a hip.

Are you a senior? Does a senior live with you? Here are some ways to prevent falls.

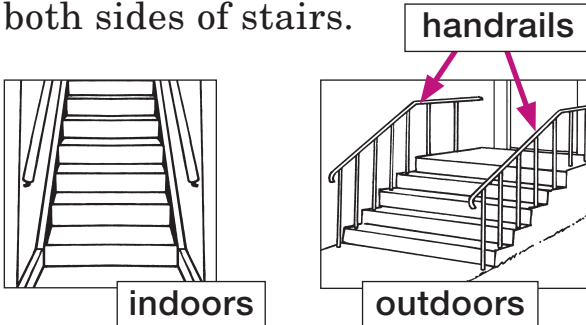


Make your home safer

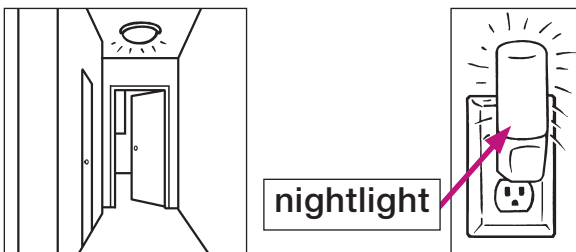
✓ Remove things that you can trip over. For example:



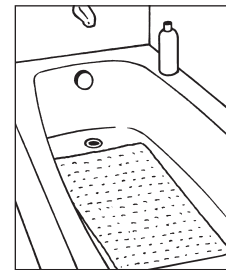
✓ Put handrails on both sides of stairs.



✓ Use bright lights in halls and stairways. Use nightlights too.

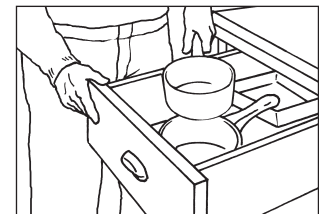


✓ Have a carpenter put grab bars beside toilets, and in bathtubs and showers.



✓ Use rubber mats in bathtubs and showers.

✓ Use shelves and drawers that are easy to reach.



✓ Clean up spills right away.

➔ More on page 2

Check your medicines

Some medicines can make you dizzy. You might fall.



- ✓ Every year, talk to your pharmacist and doctor about **all** of the medicines you take.



Exercise and eat well

- ✓ Exercise for 30 minutes every day. Exercise can make you stronger and help your balance.



- ✓ Eat healthy foods.
- ✓ Try not to miss meals. You might get dizzy.

More tips

- ✓ Get your eyes checked every year.

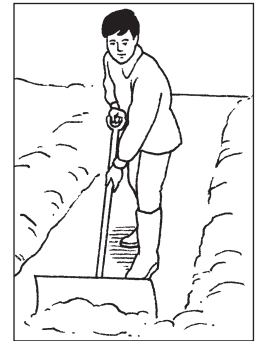


- ✓ Wear flat shoes with rubber soles. In the winter, wear boots with rubber treads.



- ✓ Don't hurry.

- ✓ **Outdoors:** Stairs and sidewalks should be clear of snow, ice and leaves.



- ✓ Ask for help if you can't do something safely by yourself.

Call Health Link Alberta for more information: Calgary 403-943-5465, Edmonton 780-408-5465, other areas 1-866-408-5465 (free call)

Adapted from The Westcoast Reader • Sources: <www.findingbalancealberta.ca> and <www.acicr.ualberta.ca> • Art: Nola Johnston
Photo illustration (senior on stairs): Bev Burke